

COLUMBIA TRACK CLUB NEWSLETTER

Vol. VIII, No. 10

October 1, 1976

AUGIE HIRT WINS 100 MILE WALK, SIX OTHERS FINISH September 25 & 26, 1976:

The tenth annual National 100 Mile Walk turned out to be the best from the standpoint of the quality of the field and from the standpoint of the number of finishers. However, it was one of the worst from the standpoint of the weather. Temperature was in the 60's or so throughout the proceedings, which was fine--at least it was cool, no heat, which can be devastating. But it rained. Too much. The first showers began shortly after the 1:00 PM start on Saturday and it rained intermittently until shortly before sunrise on Sunday. The worst part of the rain came between 3 & 4 AM, leaving large pools of water all over the track, especially on the backstretch, where there was no way to avoid sloshing through 2 inches of water until finally it was swept off.

So much for the weather. There were 7 finishers this year led by Augie Hirt in 19:55:16, only the 4th time in less than 20 hours. In 1975 there were 5 finishers and 4 last year. This year saw 13 walkers under 11 hours for 50 miles, last year there were 11. Two walkers became initiates into the Centurion Club of America--AUGIE HIRT AND JACK BLACKBURN. There are now 16 centurions of the modern era--walkers who have walked 100 miles in less than 24 hours. Ten of them, besides Hirt and Blackburn, were on hand for this go round and Larry Young made a token appearance, having just arrived from Sweden and points between. Augie, of course, is well-known as America's #2 walker at 50 kilo. He too, had made the trip to Sweden, but he was home on Friday about noon. Blackburn is a psychologist and has been in race-walking circles for some 20 years. This was his first go at the hundred after several years of threatening to come. Jack had exceptionally strong support from home, 7 members of his family having made the trip with him. Jack's last 30 miles or so were a real struggle with a sciatica problem giving him the most trouble. His wife, Joyce, got a preview of what Jack will look like when he is 80 years old. But he made it!

ALBERT VAN DYKE, as is his wont, took the early lead--a 2:14 first 440 which put him 100 yards up on everybody else. Albert had 9:48 for the first mile, but CHUCK HUNTER took over on the 6th lap. Chuck went hard early on, because he felt he had too much left over after last year's race. In fact, Hunter's 4:26:13 at 25 miles was the fastest ever including Larry Young's record performance of 1971 when Larry was 4:33:00 at 25. Hunter did not fall behind Young's record pace until shortly before 40 miles where Larry was 7:13:00 against Chuck's 7:14:37. Augie Hirt was never more than 3/4 mile behind Hunter and in the 49th mile Augie took the lead. However, Hunter wanted a PB for 50 miles, so he sped by Augie to be the leader at 50. Shortly thereafter Augie regained the lead and held it to the finish. Augie became very depressed at about 60 miles and wanted very badly to get off that track--but Hunter was right on his tail. Going into this, Augie's idea was to try to complete the distance, since there were no major races coming up. In all of his previous 100 mile efforts, Augie wanted nothing more than a long workout. For instance, last year, his objective was to set an American record for 50 miles and 100 kilo and to win the Senior National AAU 100 Kilo Championship and all of this he did.

Hunter never fell more than 1 1/2 miles behind Hirt and over the last 5 miles he closed to within 3/4 mile, but then ran out of time. This was the closest finish ever. Someone figured that had this been a one mile horse race the margin of victory would have been two horse lengths--or in a mile race, human variety, a 13 yard margin.

Hunter had a PB by almost 21 minutes. He now has 4 consecutive finishes (2nd, 2nd, 1st & 2nd). He and John Argo are the only ones who have finished every 100 mile race they have started, other than Blackburn's one. Hunter averaged 100 miles a week of long distance walking over the past year in preparation for this event. He probably handles the 100 mile distance as well as anyone, considering recovery time and immediate after effects.

LEONARD BUSEN had a PB by 50 minutes, not long rest periods this time. Up to 50 miles Leonard was ranging close to 10th place, but he gradually began moving up, getting Spier for 4th shortly after 75 miles and overhauling Blackburn at about 92 miles.

ROB SPIER had the added pressure of having to perform well in light of Dick Hessler's article which appeared in RUNNER'S WORLD a week or so before the race. Rob certainly lived up to his billing, proving that his last year's performance was no fluke--but then, how can walking 100 miles in less than 24 hours ever be a fluke?

The results of the informal team competition in the 100 Mile Walk were as follows. There were no awards for this fun sort of thing, but it did create some interest. THE RESULTS;

1. EUSEN, Hirt & Baker	276 Miles	As can be seen, each team had one Centurion. Each Centurion drew names from a hat (actually a can) and from that the teams were made up. Perhaps next year we could have some modest award for the winning team. Any ideas?
2. ARGO, Blackburn & Verschoth	220	
3. HUNTER, Laird & Taft	198	
4. CLEGG, D. Van Dyke & Duckman	175	
5. GRAGG, Mullnix & Etherton	163 $\frac{1}{4}$	
6. SPIER, Schulte & Bent	156	
7. CHAPIN, Pullen & A. Van Dyke	154	
8. O'NEIL, Young & Breitenbucher	150 $\frac{1}{2}$	
9. LEUTHOLD, Mimm & R. Chapin	143 $\frac{1}{4}$	
10. KNOPPE, Reed & Foster	132 $\frac{1}{4}$	

More notes on the 100 mile walk:

JOHN ARGO returned after a 3 year absence, during which time he had done no competitive walking. Working in the "bush" he thinks does not really prepare him for this race, since it (the logging) actually detracts from his speed.

BOB GRAGG with steady walking got a 2nd consecutive finish--I suppose we will now have competition to see who can get the most consecutive finishes. This will be added incentive for the Centurions to have another go at it. Most of them think, I'm sure, "never again" but within a few days they are already thinking about next year.

WILLIAM TAFT and HENRY BENT (age 75!--just think, Clair Duckman, you were not the oldest competitor) had a deal with fellow Kiwanis Club members where the club members were to contribute \$5.00 for every mile Taft and Bent walked, the money to go to charity. Taft wanted to walk his age--he did that and then some to get 100 kilo.

THANKS to all those who assisted with the timing and with the aid support--again we must point out that without this volunteer help, there would be no 100 mile walk. Especial thanks to CAROLYN LEUTHOLD, she was the ringleader for the aid and to the media unit of the Army Reserve group who were there in 3 6 hour shifts. In fact, CTC was accused of running a massage parlor. There was fear we would be closed down if the word got out. If the word does get out, then the number of 100 mile walk entrants will increase dramatically and there will be more "resting" than walking.

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In that competition in Sweden, a week before the 100 mile walk, CTC had Larry Young and Augie Hirt on the USA team, with Floyd Godwin as the 3rd member. This was the World Championship of the 50 kilometer walk (in lieu of the discarded Olympic 50 kilo walk). Out of 43 walkers Larry finished 21st with 4:16:47 (48:46, 1:37:27, 2:27:35, 3:19:06 10 kilo splits) his 4th best time ever, while Augie was last for a while, but worked his way up to a final 27th with a 2nd PB 4:28:35 (51:10, 1:42:00, 2:36:10, 3:31:45). Winner was Benjamin Soldatenko of the Soviet Union with a quick 3:54:40. Temp was in the 50's. The course was a basically level 2 $\frac{1}{2}$  kilo out & back leg.

Larry and Augie got nil publicity for their efforts. One of the oft-repeated statements about dropping the 50 kilo walk from the Olympics was something to the effect that the walkers could still have a World Championship at the 50 kilo distance. That's fine--but it is obvious that such an event goes by pretty much unnoticed. The 50 kilo walkers are like every other athlete--they enjoy their moments in the limelight and the limelight just isn't there like it is in the Olympics.

## TENTH ANNUAL NATIONAL 100 MILE WALK SEPT. 25+26, 1976

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5 MILE SPLITS :

5,55 10,60 15,65 20,70 25,75 30,80 35,85 40,90 45,95 50,100

	AGE		5,55	10,60	15,65	20,70	25,75	30,80	35,85	40,90	45,95	50,100
1 AUGIE HIRT 100 Miles	25	COLUMBIA MO	56:52 10:08:14	1:53:07 11:08:07	2:49:30 12:10:20	3:43:10 13:14:57	<del>4:36:05</del> 14:14:23	5:27:17 15:23:32	6:21:00 16:26:30	7:15:57 17:36:29	8:15:22 18:41:30	9:10:29 19:55:16
2 CHUCK HUNTER 100 Miles	39	LONGMONT, COLO	50:39 10:10:58	1:43:10 11:12:58	2:37:10 12:16:51	3:31:40 13:20:38	4:26:13 14:27:45	5:21:19 15:30:30	6:17:35 16:39:16	7:14:37 17:55:37	8:12:42 19:00:32	9:10:20 20:05:50
3 LEONARD BUSEN 100 miles	46	ST. LOUIS, MO.	54:06 11:47:20	1:52:05 12:58:29	2:57:25 14:01:00	3:58:00 15:09:37	5:00:00 16:22:28	6:08:30 17:28:54	7:12:00 18:35:32	8:18:31 19:35:12	9:23:00 20:38:00	10:22:36 21:49:21
4 JACK BLACKBURN 100 Miles	40	SPRINGFIELD, OHIO	1:00:18 10:59:13	1:59:50 12:09:19	2:59:39 13:15:19	3:56:20 14:21:29	4:56:43 15:32:02	5:54:37 16:32:26	6:55:03 18:13:22	7:55:19 19:28:32	8:57:14 20:46:30	9:57:15 22:11:57
5 Rob SPIER 100 miles	54	COLUMBIA, MO.	56:08 11:21:46	1:53:07 12:40:58	2:49:40 13:51:07	3:51:45 15:03:31	4:50:30 16:22:55	5:53:30 17:30:16	6:57:20 18:40:05	8:03:51 20:06:09	9:12:26 21:20:18	10:15:02 22:35:01
6 Bob GRAGG 100 miles	51	KANSAS CITY, MO.	1:01:47 12:27:45	2:01:15 13:35:16	3:00:35 15:10:27	4:01:17 16:20:37	5:02:33 17:41:30	6:19:40 18:50:25	7:22:13 20:08:20	8:28:30 21:16:47	9:31:14 22:32:27	10:33:02 23:37:30
7 JOHN ARGO 100 Miles	62	MATTAWA, ONTARIO	1:02:30 12:24:54	2:04:45 13:33:45	3:11:55 14:59:52	4:16:15 16:32:31	5:21:25 17:50:20	6:27:07 19:10:30	7:33:10 20:17:05	8:40:47 21:25:35	9:46:28 22:34:14	10:56:48 23:43:10
8 Bob Baker 76 miles	39	TULSA, OKLA	58:22 17:16:02	1:57:48 18:32:10	2:56:35 <del>20:34:00</del> 19:41:38	3:56:10 21:28:36	4:59:30 23:08:51	6:03:55 76-23:26:14	7:19:05	8:29:30	14:21:37	15:31:12
9 CHRIS CLEGG 75 Miles	59	BEVERLY Hills, Calif.	1:03:03 11:52:22	2:02:30 13:09:15	3:01:45 14:18:45	4:00:35 15:29:15	4:59:50 16:42:08	5:59:00 16:39:00	7:03:18	8:19:30	9:25:28	10:31:51
10 LARRY O'NEIL 64 1/2 Miles	69	KALISPELL, MONT	59:59 11:06:24	1:57:48 12:07:36	2:56:35 (13:37:37)	3:56:10	4:56:46	5:57:10	7:03:22	8:02:50	9:03:15	10:04:14
11 BEN KNOPPE 63 Miles	33	ST. LOUIS, MO.	56:45 12:32:30	1:49:49 13:39:49	3:05:20 (14:23:45)	4:00:00	4:59:13	5:58:05	6:56:25	8:00:35	9:05:12	10:20:25
12 WILLIAM TAFT 100 Kilo	60	COLUMBIA, MO.	1:10:12 20:53:43	2:19:25 22:20:58	3:32:25 (22:59:29)	4:58:45	6:16:48	10:17:35	11:38:15	13:05:08	18:03:48	19:28:05
13 ALBERT VAN DYKE 54 MILES	51	FORDLAND, MO	53:55 (15:30:30)	1:55:20	3:08:10	4:16:25	5:30:05	7:14:28	8:25:05	9:50:30	12:55:26	14:06:05

			5, 55	10, 60	15, 65	20, 70	25, 75	30, 80	35, 85	40, 90	45, 95	50, 100
14 Randy Mimm 53 1/4 miles	22	COLUMBIA, Mo.	59:58 (12:17:38)	1:58:25	2:57:50	3:53:25	4:50:25	5:48:20	6:51:23	7:52:23	9:05:46	10:13:17
15 Jim Breitenbacher 52 miles	23	COLUMBIA, Mo.	1:00:40 (19:51:35)	2:00:30	3:03:25	4:05:20	5:12:25	6:16:50	7:30:21	11:07:58	12:56:45	19:08:43
16 Rufus Reed 51 miles	58	Springfield, Mass.	1:00:11 (11:22:10)	1:57:30	2:56:35	3:54:45	5:01:15	6:03:10	7:08:26	8:18:39	9:27:50	10:36:27
17 Bob Chapin 50 miles	44	Independence, Mo.	56:44	1:54:10	2:48:20	3:42:45	4:45:26	5:41:00	6:39:58	7:48:00	8:52:11	9:58:00
18 Clair Duckman 50 miles	70	Dayton, Ohio	1:00:08	2:03:27	3:09:15	4:11:23	5:19:12	6:24:50	7:38:33	8:56:55	10:17:06	11:34:48
19 Ray Chapin 50 miles	19	Independence, Mo.	1:06:12	2:14:05	3:21:05	4:28:30	5:41:21	6:52:25	8:07:23	9:31:20	10:40:21	11:50:22
20 Dale Van Dyke 50 miles	19	Buckner, Mo.	1:06:23	2:14:05	3:20:30	4:28:30	5:41:21	6:52:58	8:11:25	9:35:27	11:06:20	12:39:43
21 Mac Pullen 50 miles	33	Columbia, Mo.	1:03:18	2:07:35	3:15:15	4:23:24	5:35:23	6:55:29	8:19:35	9:53:52	11:42:56	13:23:47
22 Bruce Etherton 50 miles	36	Breckenridge, Mo.	1:02:39	2:02:17	3:10:10	4:18:27	5:27:42	6:44:09	8:02:10	16:15:07	19:23:45	20:49:30
23 Dave Leuthold	43	Columbia, Mo.	57:06	1:57:00	3:08:20	4:16:45	5:31:15	6:44:09	19:18:25	20:34:27	40 miles	
24 Ron Laird	38	Permona, Calif	57:10	2:04:17	3:17:00	4:37:17	5:44:07	6:51:24	<del>7:41:59</del> 7:56:47	36 miles	8:11:55	
25 Bob Young	56	Independence, Mo.	1:07:15	2:08:44	3:10:30	4:29:58	5:58:42	7:00:15		34 miles	8:36:15	
26 Henry Bent	75	Columbia, Mo.	1:07:00	2:17:35	3:24:35	4:42:00	6:04:40	7:23:20	31 miles	7:39:18		
27 Joyce Schulte	34	Columbia, Mo.	1:06:30	2:17:40	4:11:04	5:33:26	7:13:58	25 miles				
28 Anita Verschoth		New York, N.Y.	1:03:32	2:11:25	3:24:15	4:37:17	20 miles					
		(SPORTS ILLUSTRATED)										
29 Leslie Foster	39	Cameron, Mo.	1:24:15	3:02:38	7:35:20	18 1/4 miles	8:35:25					
30 David Mullnix	21	Independence, Mo.	1:02:10	3:04:45	13 1/4 miles							

## LEWIS AND LONDEREE BEAT ALL THE YOUNGSTERS IN TWO MILE RUN Sept. 18:

		880	Mile	1½	TWO	off DT	% off
1. Don Lewis	40	2:32	5:07	7:47	10:21	6	.97
2. Ben Londeree	42	2:37	5:19	8:03	10:42	3	.46
3. Don Walker		2:31	5:08	8:00	10:53		
4. Don Carman		2:43	5:34	8:22	10:58	1	.15
5. Pete Pastoret		2:45	5:33	8:22	11:00		
6. Barry Schneider		2:45	5:33	8:22	11:01		
7. Don Granberg		2:38	5:29	8:21	11:11	1	.15
8. Jim Pulcrano		2:32	5:20	8:22	11:14		
9. Greg Brown		2:50	5:43	8:35	11:19	11	1.59
10. Jeff Selsor		2:59	5:57	8:55	11:36		
11. Jim Breitenbucher		2:50	5:43	8:40	11:39	9	1.30
12. Joe Marks		2:53	5:51	8:51	11:43	5	.71
13. Ray Loan	45	2:58	5:56	8:56	11:45	15	2.08
14. Turk Storvick	48	2:58	5:55	8:55	11:47	13	1.80
15. Mike Bradford		2:48	5:56	9:03	12:03		
16. Doug Duncan	15	3:05	6:07	9:15	12:15		
17. Al Garverick		3:04	6:12	9:22	12:26	6	.81
18. Olen Brown	41	3:05	6:22	9:39	12:39	9	1.20
19. Randy Mimm		2:58	6:08	9:29	12:44		
20. Bill Wiecek		3:09	6:27	9:39	12:51	9	1.15
21. Dennis Blossom	40	3:10	6:26	9:43	12:57	3	.38
22. Mike Wiecek	14	3:11	6:31	10:03	13:19	26	3.15
23. Joe Duncan	42	3:14	6:33	10:05	13:27	27	3.46
24. Jim Gibson	12	3:14	6:43	10:18	13:39		
25. Bill Kurtz	3:20	3:20	6:52	10:23	13:49	9	1.10
26. Tim Loan	14?	3:21	7:01	10:47	14:16	104	10.83
27. Matt Gibson	11	3:22	7:16	11:01	14:23		
28. Steve Gibson	9	3:23	7:17	11:02	14:24		
29. Jay Blossom	12	3:44	7:28	11:09	14:26	94	9.79
30. Amy Hessler	10	3:51	7:45	11:36	15:05		
31. Peter Hessler	7	3:51	7:50	11:46	15:33		
32. Marilyn Blossom		4:14	8:33	12:55	17:14	46	4.26
33. Lisa Boyer	10?	3:51	7:48	OUT			

## RANDY MIMM THEN TAKES THE 10,000 METER WALK:

	1	2	3	4	5	6	10K
1. Randy Mimm	9:41	18:48	27:41	36:28	45:12	53:58	55:43
2. Jim Breitenbucher	9:42	19:43	29:41	40:02	50:19	1:00:39	1:02:55
3. Rob Spier 54	9:46	19:43	29:41	40:02	50:23	1:01:08	1:03:29
4. Dick Hessler!	10:38	21:23	32:18	43:22	54:23	1:05:22	1:07:31
5. William Taft 60	12:07	24:30	36:57	49:17	61:46	1:13:42	1:16:09

DT: Spier-1 second off, .03%; Taft-9 off, .20%; Breitenbucher-355 off, 10:38%

5,000 Meter Splits: Mimm-28:39; Breitenbucher-30:46; Spier-30:46  
Hessler-33:31; Taft-38:13

A great day for the run, mid 60's, bright sun, little wind, but it got a little warm by the time the walk began--mid 70's. So begins a new season with two old men showing the kids that their exuberance (the kids) will waft away under the onslaught of mature pacing. A few new faces and new CTC members--we hope.

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WESLEY PAUL turned in another remarkable performance on Sept. 18 when he won both the 2 mile and the 5 mile run in the Kirkwood Green Tree races, in the Age 9 & under categories. Wesley had 11:20 in the 2 mile (actually 18) 45 seconds better than 2nd beating 106 Age 9 & under boys, finishing 12th out of 395 boys & girls age 15 & under. 15 minutes later Wesley did 35:51 in the five mile (4.7 or so) to win age 9 & under, finishing 96 out of 202, all ages, both sexes. His Dad, Al LO, was 99th with 36:07. So far as I can tell, Wesley was the only person to do both races. DAVE FOREST was 2nd, ~~by~~ one second from 1st, age 15 & under in the two mile with 10:28 and would have been 9th out of 147 in the age 16 & over, men & women. REX FRAZER was 3rd, 40-49, 32 overall, in the 5 mile with 30:15 while DAN KACPROWICZ WAS 5th 20-29, 13th overall, with 28:27.

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For an annual subscription to the Columbia Track Club Newsletter you need to send Joe Duncan Two Dollars--this will get you 12 issues. CTC annual dues of \$5.00 are payable now. This amount includes the newsletter and includes all members of the family. Any non-member can compete for DT and ET awards by paying the \$5.00--actually if you do that, I guess that makes you a member, but you can still compete for your chosen club.

DESIGNATED TIME STANDINGS:

	Av.DT	Events
1. Don Carman	.15	1
2. Don Granberg	.15	1
3. Rob Spier	.21	2
4. Dennis Blossom	.38	1
5. Ben Londeree	.46	1
6. Joe Marks	.71	1
7. Al Garverick	.81	1
8. Don Lewis	.97	1
9. Bill Kurtz	1.10	1
10. Bill Wiecek	1.15	1
11. Olen Brown	1.20	1
12. Greg Brown	1.59	1
13. Turk Storvick	1.80	1
14. Ray Loan	2.08	1
15. Augie Hirt	2.17	1
16. Bill Taft	2.71	2
17. Mike Wiecek	3.15	1
18. Joe Duncan	3.46	1
19. Marilyn Blossom	4.26	1
20. Jim Breitenbucher	4.85	3
21. Jay Blossom	9.79	1
22. Tim Loan	10.83	1

ELAPSED TIME STANDINGS:

Runners-Open:		40 & Over:	
1. Lewis	19	1. Lewis	7
2. Londeree	18	2. Londeree	6
3. Walker, Don	17	3. Loan	5
4. Carman	16	4. Storvick	4
5. Pastoret	15	5. O. Brown	3
6. Granberg	14	6. Blossom	2
7. G. Brown	13	7. Duncan	1
8. Breitenbucher	12		
9. Marks	11	15 & Under:	
10. Loan	10	1. D. Duncan	9
11. Storvick	9	2. M. Wiecek	8
12. Doug Duncan	8	3. J. Gibson	7
13. Garverick	7	4. T. Loan	6
14. O. Brown	6	5. M. Gibson	5
15. Mimm	5	6. S. Gibson	4
16. B. Wiecek	4	7. J. Blossom	3
17. Blossom	3	8. A. Hessler	2
18. Joe Duncan	2	9. P. Hessler	1
19. Kurtz	1		
		Women:	
		1. A. Hessler	2
		2. M. Blossom	1

WALKERS:

Open:	
1. Hirt	18
2. Spier	16
3. Mimm	15
4. Breitenbucher	14
5. Busen	11
6. Taft	10
7. Gragg	9
8. Van Dyke	7
9. Chapin	4
10. Leuthold	3
11. Bent	2
12. Schulte	1

Age 40 & Over:

1. Spier	11
2. Busen	8
3. Taft	7
4. Gragg	6
5. Van Dyke	4
6. Chapin	3
7. Leuthold	2
8. Bent	1

Age 15 & Under:

1. Mike Wiecek	1
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All of this is after the first 3 races of the new "season" assuming all the above will pay their annual dues. If some of the participants in these races pay \$5.00 then there will be some changes, that is, participants not listed above.

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SIX YEAR'S AGO--A LOOK AT YESTERDAY'S HEROES:

October 3, 1970--One Mile Run 1. Whitney Hicks 5:05.8 2. Art Fleming 5:08 3. Don Granberg 5:12 4. Dave Leuthold 5:44. . 6. Mike Chippendale 5:53, 5 others

October 10, 1970--Two Mile Cross Country, Gustin, 1. Paul Redhage 11:01 2. Whitney Hicks 11:04 3. Mark Achen 11:09 4. Don Granberg 11:15

October 18, 1970--MVAAU 30 Kilo Walk, Leawood Subdivision 1. Larry Young 2:40:38, new MVAAU record by 19 minutes 2. Mark Achen 2:46:21 3. Darrell Palmer 2:55:33 4. Paul Ide 2:57:15 all PB's and all under the record

October 18 & 24, 1970--Don Granberg ran two marathons in 6 days--that does not mean that it took him 6 days--He had a 3:03:00 (12th) at Tri-States on the 18th and then 3:00:15 (3rd) in the Linn Tech marathon (Linn, Mo. to Jeff City) on the 24th. The Linn Tech was a short course.

Limerick of the month--October, 1970:

There was a young walker named Ide  
Who, when it came to walking, was speedy.  
But as to girls,  
With lovely curls,  
Gallopig Paul, was not fast, but needy. (or greedy)

Below is the entry blank for the three mile cross country tri-meet between the St. Louis TC, CTC and the Illinois Valley Striders. This event proved to be very popular last year when some 25 SLTC members came to Columbia. We would like for every CTC member to make the trip to St. Louis for this event--kids and women included. CTC will pay the entry fee for every member who competes and will help pay for the cost of gas for those who take cars. JOE MARKS is the CTC co-ordinator for this event. You should send your entry blanks WITHOUT MONEY to him at 509 Defoe Dr. Columbia, Mo. 65201. Shortly before the deadline we will then send the forms to Jerry Kokesch with a CTC check. Joe will also coordinate the transportation. This should be a gala affair.

### THREE MILE TURKEY TROT

Sponsored by St. Louis Track Club, Columbia Track Club, Illinois Valley Striders and the Road Runners Club of America

WHEN November 7, 1976 12:00 noon

WHERE Shaw Park, #2 Mark Twain Circle, Clayton, Missouri (From Hwy. 40 take Brentwood Blvd. north about 1½ miles to Forsyth Blvd. Turn left on Forsyth and immediately turn left again onto Parkside Blvd. which runs into Mark Twain Circle.)

COURSE Good cross country course with short cut grass

ELIGIBILITY Open to all runners - Note to St. Louis TC, Columbia TC, and Illinois Valley Striders, this meet will also be scored as a triangular meet between the three clubs

ENTRY FEE \$2.00 before November 4th; \$3.00 race day and late entries

AWARDS

20-29	30-39	40-up	19-under	Women
turkeys or other fowl to at least top 5 finishers in each age group			turkeys or other fowl to at least top 3 finishers in each age group	

At least eight turkeys will be given away, but amount may vary based on number of pre-entries. Ribbons to all finishers.

REGISTRATION By mail before November 4th - Or race day 11:00 to 11:30

We hope to get a large number of participants for this event, now in its second year. The race last year was held in Columbia, but moved to St. Louis this year for greater participation expected from the Illinois runners. It is a good chance to meet other RRCA members and a good time can be had by all. For out of town runners coming from Illinois, enter St. Louis via I-70; after crossing the Mississippi River take Hwy 40 west to Brentwood Boulevard. For out of town runners coming from Missouri, take I-70 to Wentzville and then take Hwy 40 east to Brentwood Boulevard. St. Louis area runners should have no problem!

### THREE MILE TURKEY TROT ENTRY BLANK

Name \_\_\_\_\_ Age \_\_\_\_\_ ( ) Male ( ) Female

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Club \_\_\_\_\_ ( ) Unattached

In consideration for my entry, I and my heirs do hereby release the St. Louis Track Club, Columbia Track Club, Illinois Valley Striders, Road Runners Club of America, and the City of Clayton from all injuries and damages that might result from participation in the Three Mile Turkey Trot run November 7, 1976.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature if under 18)

Your entry fee must accompany this form. Please return to Joe Marks 509 Defoe Columbia, Mo. 65201 by November 4, 1976. (314-726-0700)

Orchard Village Lane, Manchester, Mo. 64301

## SCHEDULE OF EVENTS

OCTOBER	9	Saturday	9:00 AM	2 Mile Cross Country Run	Municipal Golf Course
	9	"	2:00 PM	RRCA 10,000 Meters Cross Country Championship	Forest Park St. Louis
	16	"	11:00 AM	5 Mile Cross Country Run	Gustin Golf Course
	17	Sunday	8:00 AM	Tri-States Marathon	Falls City, Nebr
	23	Saturday	10:00 AM	MVAAU, National AAU Masters & Class B & Open 30 Kilo Walk	Leawood Subdivision
	30	Saturday	9:00 AM	2 Mile Cross Country Run	Gustin Gdf Course
NOVEMBER	6	"	10:00AM	National AAU Masters, Class B and Open 50 Kilo Walk	Hickman Track
	7	Sunday	Three Mile Cross Country Turkey Trot 12:00 Noon	A tri-meet between St. Louis TC, CTC & Illinois Valley Striders Shaw Park St. Louis This should be a BIG event for ALL CTC members and their families.	
	13	Saturday	9:00 AM	20 Kilo Run, 20 Kilo Walk	Hilton Inn Course

Joe Duncan  
 4004 Defoe Dr.  
 Columbia, Mo. 65201



MISSOURI VALLEY AAU 10,000 METER RUN  
ENTRY BLANK

TIME: Saturday, November 27, 1976, 9:00 a.m., at least three sections, fastest section first.

PLACE: Columbia, Missouri, Hickman High School Track. Hickman Track is on the southeast corner of Business Loop 70 and Providence Road, one block south of the Providence Road exit off I-70.

ENTRY FEE: \$1.00 Post entries will be accepted, however, PLEASE try to have your entries in by November 25. Make checks payable to Columbia Track Club.

AWARDS: MVA AU Trophies to first 3 MVA AU finishers in each of the following six categories: 12 and under, 13 to 16, 17 to 29, 30 to 39, over 40, and women. Certificates to all finishers.

MVA AU RECORD: 32:03 Ken Bell; Winfield, Kansas, November 25, 1972

TRACK RECORD: 32:14 Dennis Stewart, November 17, 1973

In consideration of your acceptance of this entry, I, intending to be legally bound hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley AAU, the AAU of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at the said race.

PRINT NAME	AAU NUMBER	AAU ASSOC.
SIGNATURE	Ht.	Wt.
		BIRTH DATE
ADDRESS		
Street	City	State
		Zip
SCHOOL OR CLUB		

If entrant is under 18, parent or guardian must sign below:

ANAME: \_\_\_\_\_

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States

SANCTIONED BY THE MISSOURI VALLEY ASSOCIATION OF THE AAU.

Return to: Joe Duncan, 4004 Defoe Drive, Columbia, Missouri 65201

1976 ENTRY BLANK  
MISSOURI VALLEY AAU, RRCA NORTH REGION AND OPEN 30 KILO RUN

TIME: Saturday, December 4, 1976, 11:00 a.m.

PLACE: Hilton Inn, Columbia, Missouri. Hilton Inn is located at the southwest corner of I-70 and Stadium Boulevard.

THE COURSE: An AAU Certified 5,000 meter road course. The race will be back and forth on this course; asphalt and concrete, moderate hills.

ENTRY FEE: \$1.00. Post entries will be accepted, however please have your entries in by December 2, if at all possible. Make checks payable to Columbia Track Club.

AWARDS: Trophies to first 6 finishers, certificates to all finishers, MVAAU medals to first 3 MVAAU finishers. Trophies to first 3 over age 40 finishers. Plaques to First 6 RRCA Northern Region finishers (states of Iowa, Indiana, Illinois, Kentucky, Michigan, Minnesota, Ohio, Wisconsin and Missouri).

COURSE RECORD: 1:44:30, Rick Katz, December 7, 1974, MVAAU Record: same

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims to damages which I might have against the Missouri Valley AAU, the AAU of the United States, the City of Columbia, Missouri, or the Columbia Track Club for all injuries suffered by me at said race.

Name \_\_\_\_\_ Birth Date \_\_\_\_\_

AAU No. \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Club or School \_\_\_\_\_

If entrant is under 18 years of age, parents or guardian must sign below:

Name \_\_\_\_\_

Address \_\_\_\_\_

By signing this entry blank, the entrant certifies that he is a registered athlete according to the rules of the AAU of the United States. This race is sanctioned by the Missouri Valley AAU and the RRCA.

Return to: Joe Duncan  
4004 Defoe Drive  
Columbia, Mo. 65201